Wellness Strategies for Studying and Working Remotely

Establish a Consistent Daily Routine or Schedule
- Try to incorporate structure into your day including when to study, work, relax and connect with others. It’s also important to include time to take care of your physical and mental health. Having a consistent routine will help decrease how much energy you need to spend on self-motivation.

Set Accountable SMART Daily/Weekly Goals
- Think and write down daily and/or weekly goals that are SMART (specific, measurable, adaptable, realistic and time bound). These can be for school, work and your health habits. Goal setting can help with motivation plus help you organize your time and resources.
- Consider telling friends, family or your partner your goals and deadlines. Having others keep us accountable can be a big help.

Create a Study/Work Space
- Keep your study/work space separate from the other areas of your life or people in your home. You want your brain to make a connection to ‘study/work mode’ in this space so you can be more productive.
- If you have limited space, make sure to use your desk or study space only for academics – go somewhere else to take breaks and relax!
- If you are trying to study/work with others around, try using headphones with an instrumental playlist. These can help limit other background noises and this type of music is often less distracting when you need to focus.

Keep Regular Wake and Sleep Times
- Sleep can be challenging during stress times therefore it’s important to try and keep regular sleep and wake times. Our bodies and brains are designed to be awake during daylight and asleep when it is dark. Open your curtains during the day to let in as much natural light as possible and use artificial light as needed.
- Create your own wake-up and pre-sleep routines choosing 3-5 things you do every morning when you get up (e.g., stretch, make your bed, have a shower, etc.) and 3-5 things you do before you go to bed (e.g., brush teeth, wash face, read a book, etc.).
Stand Up, Move Often and Fuel Yourself

- Your daily routine should include breaks; regular short ones and several long ones. Try to at least stand up every hour, stretch and move if possible. Setting timers or scheduling a phone call with a friend can help.
- Incorporate physical activity into your day and get outside if possible. This could include going for a walk/run, dancing to your favourite song, following bodyweight/yoga exercises online, etc.
- Make time for meals that include foods that help fuel your brain and body.

Connect with Others

- Make sure you are connecting with other people whether through text, a phone call, FaceTime, Skype, etc.
- If you start feeling overwhelmed or isolated, reach out and connect with professional support resources including Empower Me, Big White Wall, Good2Talk (phone or crisis text line), etc. Staff within Student Wellness Services are also available for remote appointments.